



Converse County Health & Wellness

March Motivation

Wellness Committee Member Crimson Miller shares her Wellness Journey:

Q: What made you decide to start to change your lifestyle?

A: I was sick and tired of feeling crummy, both mentally and physically.

Q: So what did you first start to change and why?

A: Firstly, I separated myself from a very negative relationship. Next, I focused on food. I used to drink a lot of pop so I cut back a little at a time, and then I decide to cut it all out altogether. I replaced it with water. Along with pop I also cut out sugars and sweets. I replaced them with fruits and a side of peanut butter.

Q: What type of exercise are a part of your fitness routine?

A: I started with the elliptical, then I added the treadmill. Now I do some weight training with squats. My best friend and I take our kids swimming which is a great way to get our families involved in their wellness, we get our workout and its fun!

Q: What kind of measurable changes have you noticed since you started your wellness journey?

A: I have lost 75 lbs., my knees don't hurt and I have so much mental clarity! Now I can focus and I have a lot more patience. I also have learned so much about how weight loss is what I eat and the mental benefits for exercise.

Q: What is your goal in 6 months from now?

A: I want to continue my weight loss momentum, and to build muscle. I really want this to stick for my lifelong lifestyle and not be a diet.

Q: What kind of advice do you have for someone just starting a wellness change?

A: Just go. Start now. Get moving. You are the only barrier. You will have success if you believe in yourself.

every day
-is a-
fresh
START

Wellness Committee

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Crimson Miller

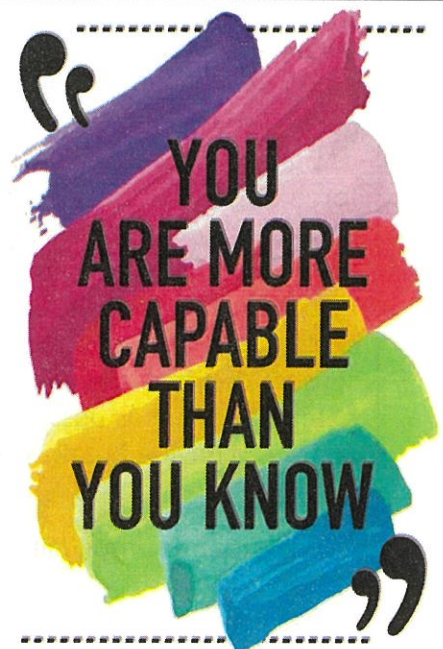
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Did you know that March is National Nutrition Month?

We all know that eating nutritious food will help keep us healthy by keeping our weight in check. Nutrition is what keeps our bodies working, growing and buzzing along day by day. This month challenge yourself to pay attention to what goes into your body. Food can either be the slowest form of poison or the richest form of medicine. Check out the Nutritional Hand Out attached to this page.



307 Healing Waters--- Ever Heard Of IT?

Sensory deprivation is defined as the deliberate removal of stimuli from one or more senses, and in the case of floatation therapy, all of them. This therapeutic practice involves a cabin filled with 11" of water and up to 1400 pounds of dissolved Epsom salts. Although floating is not zero-gravity (like outer space), the density of the Epsom salt solution does create the maximal amount of the force of gravity to be dispersed across the greatest surface area of the body. The floater is free from external stimuli such as sight, sound, touch, temperature, and the force of gravity. Floating is effortless in water calibrated to match average skin temperature. Living in a city with a constant buzz or hum, our systems rarely experience the isolation and true silence that the float pod environment provides. The sensory deprivation cabin or pod eliminates as much external stimuli as possible, allowing our nervous system to have a break, which is uplifting and revitalizing.

Quick! Email Crimson Miller at crimson.miller@conversecountywy.gov or call 358-3602 to get your name entered for some amazing wellness drawings!

What is an infrared sauna? Does it have health benefits?

An infrared sauna is a type of sauna that uses light to create heat. This type of sauna is sometimes called a far-infrared sauna — "far" describes where the infrared waves fall on the light spectrum. A traditional sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you.

The appeal of saunas in general is that they cause reactions similar to those elicited by moderate exercise, such as vigorous sweating and increased heart rate. An infrared sauna produces these results at lower temperatures than does a regular sauna, which makes it accessible to people who can't tolerate the heat of a conventional sauna. But does that translate into tangible health benefits? Yes!!!

Several studies have looked at using infrared saunas in the treatment of chronic health problems, such as high blood pressure, congestive heart failure, dementia and Alzheimer's disease, headache, type 2 diabetes and rheumatoid arthritis, and found some evidence of benefit.

No adverse effects have been reported with infrared saunas. So, if you're considering trying a sauna for relaxation and health, an infrared sauna might be an option.

Insurance Corner

Don't forget Open Enrollment for Blue Cross/Blue Shield starts 3/1/19 until 3/31/19